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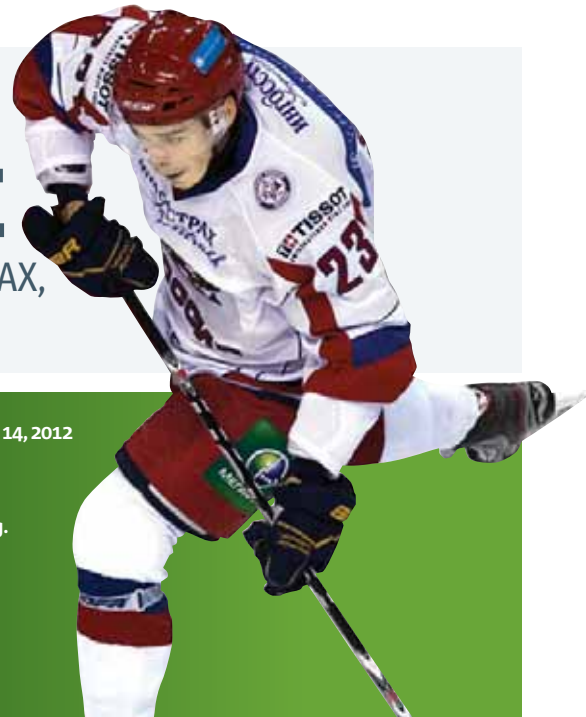


Cuts create troubled waters

The local transit union isn't happy about ferry cuts, saying they violate the new contract **PAGE 3**

THE BATTLE COMES HOME

CHALLENGE SERIES ARRIVES IN HALIFAX, BUT RUSSIA SPOILS THE RETURN **PAGE 23**



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De Jonge's shining moment

Homecoming. Fans crowd the airport to get a glimpse of Olympic bronze

Mark de Jonge's fans, many from his home club of Maskwa, couldn't wait to get a glimpse of the hardware.

More than a hundred fans chanted, "Mark! Mark! Mark!" before breaking into a heartfelt rendition of O Canada at the Stanfield Halifax International Airport when the Olympic bronze medallist arrived home on Monday night.

De Jonge, who won his bronze medal in the K-1 200-metre kayak race, arrived at about 9:15 p.m. with Dartmouth canoeist Jason McCoombs.

"It's amazing," de Jonge said about the response from the crowd. "I knew I was coming home to something like this, but I never expected it to be this big."

And being connected with the community made what he was able to do all the more important, said de Jonge.

Bluenose pride

The last Bluenoser to medal in paddling was Steve Giles who won the bronze in the C-1 1,000 metres at the 2000 Olympics in Sydney.

"I got a piece of metal really. But that has a lot more meaning because of everything that went into it and all the people who were behind me."

The whole Olympic experience has been overwhelming and the fact he just won an Olympic medal will start to settle in over the next few days when his life returns to normal, he said.

But just because the Olympics are over doesn't mean de Jonge will be taking it easy. Both he and McCoombs will be competing at nationals in Dartmouth starting Aug. 22.

"I get to be racing with my clubmates, who I haven't been able to spend much time with. That will be really nice to race and have some fun right now."

ANDREW CALEY/FOR METRO

More athletes return (page 4)

Death toll up

More than 300 people were killed in pair of Iranian earthquakes **PAGE 8**

Film sprouts

The Odd Life of Timothy Green strikes the right balance for director **PAGE 11**



Youthful fans crowd around kayaker Mark de Jonge at the Halifax Stanfield International Airport on Monday, for a chance to touch the bronze medal he won at the London Olympics. For more Canadian homecomings, see pages 26 and 27. **JEFF HARPER/METRO**



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HRP seek witnesses in homicide

On Monday, Halifax Regional Police released photos of three women who may have witnessed the killing of Kaylin Diggs. Within a few hours, all three had been identified.

But police are still waiting to talk to them.

While police say there were many people in the area at the time, Halifax Regional Police spokesman Const. Brian Palmeter said the three women are potentially "key" witnesses.

"Based on our investigation

Witnesses

"At this point we don't know exactly what they saw ... but we have to speak to every individual we can identify that was present."

HRP spokesman Const. Brian Palmeter

at this point, we believe they were in the immediate area when the incident took place," Palmeter said Monday.

Police found Diggs, 26, laying on Argyle Street near Sack-

ville Street at 3:49 a.m. Saturday morning. He was taken to hospital, where he succumbed to his injuries.

A photo featuring one of the women appears to have been

taken at 3:50 a.m. on Argyle Street. Several other people were blurred out in the photos.

At this time, police will not say if they have a suspect or suspects in mind. But Palmeter said that a number of people who were near the scene of the crime have come forward to speak with investigators.

And Palmeter said police are considering releasing more pictures should witnesses fail to identify themselves.

"We would hope that

people would self-identify themselves, (but) if not, we may have to release additional pictures of people that we know were in the area," said Palmeter.

It is an unusual step to release photos of potential witnesses, but Palmeter said police do not believe the women are in danger.

Police are asking anyone with information about the incident to contact them at 490-5020. **ALEX BOUTILIER/METRO**

Transit union set to file grievance over ferry cuts

Demand. Local rep says cuts violate new contract between union and Metro Transit



ALEX BOUTILIER
alex.boutillier@metronews.ca

The president of the Amalgamated Transit Union Local 508 says his organization will be filing a grievance against their employer over upcoming ferry cuts.

Ken Wilson confirmed Monday he gave verbal notice to Metro Transit management of the grievance on Friday.

Wilson said he will not be commenting on the matter until he's heard back from Metro Transit Director Eddie Robar. But he did say that he believes the cuts violate a recently-signed contract between management and the union that ended the 42-day transit strike earlier this year.

"It has to do with them violating the contract, they can't reduce the hours as far as I'm concerned," Wilson said.

Last Tuesday, Halifax regional council voted to maintain late-night ferry service on Friday and Saturday nights, but do away with trips

leaving Halifax after 10:15 p.m. on weekdays. That was seen as a compromise from Metro Transit's original suggestion, approved by council as part of the 2012-13 budget, to do away with the nighttime trips altogether.

Service during the early afternoon, as well as early-morning trips from the Woodside terminal, were also scrapped as part of the deal. It's expected that maintaining the Friday and Saturday service will cost Metro Transit \$11,000 this year and \$19,000 annually.

The demand for a late-night weekday service isn't there, according to Robar. On Tuesday, he pointed out that ridership was well under 100 people during those hours. Maintaining the service as per Metro Transit's standards requires closer to 300 people an hour.

Robar could not be reached for comment on Monday afternoon.

No comment

"We don't comment on the content of a grievance, especially one that hasn't been filed yet."

HRM spokeswoman Shaune MacKinlay



A Metro Transit ferry crosses Halifax Harbour in this file photo. The union representing ferry operators intends to file a grievance over service cuts recently approved by regional council. **JEFF HARPER/METRO**

Psychiatric assessment

Trial of man charged in death of gay activist rescheduled

The case of a man charged with second-degree murder in the beating death of a prominent activist in Halifax's gay community has been rescheduled.

Nova Scotia's Public Prosecution Service says Andre Noel Denny will appear in Halifax provincial court on Sept. 20 with his new lawyer, Don Murray.

Public Prosecution Service spokeswoman Chris Hansen says the case of the 33-year-old Denny, who is charged in the death of Raymond Taavel, was rescheduled last week.

During a court appearance in June, both the Crown and defence agreed on an extension of a psychiatric assessment of Denny, who was diagnosed with schizophrenia as a teenager.

The extension was granted because Toronto-based psychiatrist Hy Bloom needed more time to go over Denny's med-



Andre Noel Denny THE CANADIAN PRESS

ical records.

Hansen says Denny's assessment is not complete, but anticipates it will be for the September court date.

THE CANADIAN PRESS

Crime stats

Decrease in violent crime leads overall drop

Halifax saw 194 fewer violent crimes in the second quarter of 2012 compared to the same period last year, a decrease of more than 20 per cent.

The dip in violent crime contributed to an overall decrease in criminal code offenses of 789, or 11.6 per cent over second quarter 2011, according to stats released

by Halifax District RCMP and the Halifax Regional Police Monday.

Drug offences in the second quarter were up slightly, with five more offenses or a 1.52 per cent increase over 2011. Property crimes, which account for about half of the overall criminal code violations in Halifax, showed a decrease of 56 incidents, resulting in a 12.9 per cent.

Quarter over quarter stat comparisons are typically more volatile than year over year trends.

ALEX BOUTILIER/METRO

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Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO

Hometown athletes receive heroic welcome

Back from London. Five Olympians arrive home on the same flight

ANDREW
CALEY
halifax@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, who is from North Preston, had a huge smile on his face as his son was passed to him through the crowd and his friends and family presented him with a medal.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes

Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a countback to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal. But Clayton took the decision in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

"To see all these people behind me, even though I didn't win a medal ... but deep down they believe in me and believe I won the medal, and I believe I won the medal, and that's what's important."

Black, a 16-year-old gymnast from Halifax, came through the airport gates to chants of "Ellie! Ellie! Ellie!"

"It's amazing," she said with tears in her eyes. "It

Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that, after some rest, they will set their sights on the Rio 2016 Olympics.

is the best experience ever. Everyone's here."

Black's strong performance, particularly in vault, helped propel Team Canada to its first-ever team final in the Olympics and a Canadian-best fifth-place finish.

Black said being in London was a great experience and that she will use what she learned there to help propel herself toward the 2016 Summer Games in Rio de Janeiro.

But for now, she just wants to get home and see those who didn't make the trip to the airport.

"I can't wait to get home and see my dog," she said with a laugh.

Northwood. Workers approve tentative deal in Nova Scotia home-care contract dispute

Personal-care workers in the Halifax area voted Monday to accept a new contract that calls for the eventual elimination of a contentious scheduling provision.

The two-year deal for some 400 workers at Northwood Homecare was reached Monday afternoon, the same day the employees had been expected to walk off the job.

Joan Jessome, president of the Nova Scotia Government

and General Employees Union, said of the 238 ballots cast Monday night, 148 were in favour of accepting the deal.

The main sticking point in the dispute was a requirement for workers to be available for 10 hours while only being paid for eight hours of work.

Jessome said the new deal includes a memorandum of understanding that the requirement will be eliminated over time, starting with a quarter

of the membership by mid-November, followed by smaller groups of workers potentially every four weeks.

She said the narrow, 62 per cent approval of the deal Monday attests to how divisive the issue has become among the membership. "Overall we're pleased, but we're not surprised by the acceptance percentage because this is a very big issue to the home support workers," Jessome said. **THE CANADIAN PRESS**

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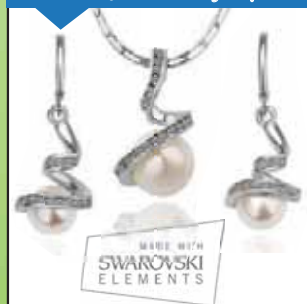
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Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right terrorist who killed 77 people last year, a government-appointed commission said Monday.

The long-awaited report into the July 22, 2011, attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Quoted

"Sadly ... after repeated school massacres in other countries, an armed desperado who shoots adolescents is indeed conceivable — also in Norway."

Excerpt from a report into the Norwegian bombing and shooting



Anders Behring Breivik

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.

Breivik was able to park a

van with a fertilizer bomb just outside a high-rise before he drove another car to the Labor Party's youth camp on Utoya, unhindered.

The police response was slowed down by a series of blunders, including flaws in communication systems and the breakdown of an overloaded boat carrying a police anti-terror unit. Meanwhile, Norway's only police helicopter was left unused, its crew on vacation. Breivik's shooting spree lasted for more than one hour before he surrendered to police.

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utoya.

THE ASSOCIATED PRESS

Fugitive. Man wanted in gruesome Philadelphia murder arrested in T.O.

Toronto police say a drunk-driving investigation led to the arrest of an international fugitive wanted in a gruesome Philadelphia murder more than a decade ago.

Police say 35-year-old Kai-Guo Huang was originally arrested Aug. 7 in the city's northeast and charged with driving over the legal blood-alcohol limit.

He was released on a promise to appear in court.

Police say Huang gave

them a false name, identifying himself as Yu Chen.

Officers later discovered his true identity and learned he was wanted in Philadelphia on charges of murder, conspiracy, possession of an instrument of crime and abuse of a corpse.

The charges stem from the 1998 slaying and dismemberment of a man.

He is being held for possible extradition.

THE CANADIAN PRESS

Security

Man strolls across airport tarmac

A New York City man breached Kennedy International Airport's security system by walking undetected through two runways and into a terminal after becoming stranded in a nearby bay. The 31-year-old swam to shore and then walked past motion sensors and closed-circuit cameras, part of the airport's state-of-the-art system. THE ASSOCIATED PRESS

Vatican scandal

Pope's butler to stand trial

A Vatican judge on Monday ordered the pope's butler and a fellow lay employee to stand trial for the alleged pilfering of documents from Pope Benedict XVI's private apartment. The indictment accused Paolo Gabriele of grand theft — a charge that could bring up to six years in jail, although the pope could pardon his once-trusted aide. THE ASSOCIATED PRESS



Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman also was shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

Cop among 3 dead after Texas shooting

Four more injured.

Gunman, other man also killed during incident near university campus

Quoted

"It appeared to be fairly quiet. It didn't appear to be a lot of people out and about at that particular time."

Texas A&M spokeswoman Sheryl Carroll, speaking on the fact most students were not on campus on Monday

A Texas law enforcement officer attacked as he brought an eviction notice to a house Monday was among three people, including a shooter inside the home, killed Monday near a Texas university.

A 65-year-old man also died, while three other law enforcement officers and a 55-year-old woman were wounded, in the shootings

at an off-campus home not far from the Texas A&M University's football stadium, College Station Assistant Police Chief Scott McCollum said.

Brazos County Constable Brian Bachmann had gone to a home with an eviction notice just after 12 p.m., McCollum said. A man in his mid-30s who lived there

opened fire from inside, he said.

Officers responding to calls describing an officer down saw Bachmann wounded on the ground in the front yard, then got into what McCollum described as an extended shootout with the gunman, who eventually was shot.

Both Bachmann and the

gunman were later pronounced dead at a hospital. Officials did not say where the other man who died was shot or why he, or the woman who was wounded, was at the home.

Bachmann worked more than 19 years in law enforcement, according to the Texas Commission on Law Enforcement Officer Standards and Education. He started out with the Hempstead Police Department before spending most of his career with the Brazos County Sheriff's Office. He had been a constable since January 2011 after winning election to the post the prior November.

THE ASSOCIATED PRESS

Votes piling up to end Quebec student strikes

The number of students on strike in Quebec has dwindled considerably, with people at several colleges voting Monday to end protest actions that had drawn international attention during events some dubbed the Maple Spring.

Following three more votes Monday to end the strike, the tally now stands at six to one among junior colleges, called CEGEPs in Quebec, in favour of returning to class. However, more votes are scheduled in the coming days and some uni-

versity faculties have voted to keep striking.

A spirited debate took place at Montreal's College de Maisonneuve before students voted to head to class. Afterwards, several strike supporters tried to console each other with long hugs outside the school's main doors.

It's not clear whether the strike movement has suffered a permanent setback, or whether it's simply laying low before a decisive win.

The party leading the polls

in the current provincial election campaign, the PQ, has proposed eliminating the tuition hikes that were at the root of the dispute and replacing them with much smaller increases pegged to the rate of inflation.

There have also been warnings that the strikes could be revived after the Sept. 4 election, depending on who wins.

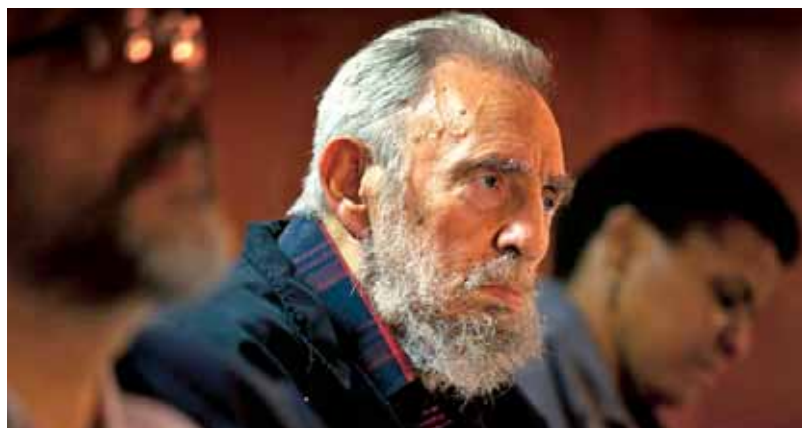
Other votes will be taken this week. As for universities, they return to school later.

THE CANADIAN PRESS

Striking out

- About one-third of Quebec students had their spring session interrupted by the strikes.
- The law passed by the Charest government mandates their return to complete the semester over the coming weeks and sets stiff fines for people blocking schools.

Castro marks 86th birthday out of sight



In this Feb. 10 file photo released by the state media website Cubadebate, Fidel Castro attends a meeting with intellectuals and writers at the International Book Fair in Havana. Castro turned 86 on Monday. ROBERTO CHILE/CUBADEBATE/THE ASSOCIATED PRESS

Cuba. His outsize persona ensures the former leader is never far from people's minds

Cuba celebrated Fidel Castro's 86th birthday on Monday with congratulatory messages in state media but no appearance by the retired leader, who has faded from public view.

Communist Party newspaper Granma published memories of Castro from people familiar with him such as Cuban journalists and cohorts from the 1959 revolution. Government-run websites carried essays on his life and best wishes from pres-

Quoted

"Just his being there, alive, gives people a lot of strength to keep working and fighting."

Gerardo Cartaya, a 53-year-old self-employed cab driver in Havana, on former leader Fidel Castro

idents Evo Morales of Bolivia and Daniel Ortega of Nicaragua.

The milestone was yet another reminder of both the Cuban leader's longevity and his inevitable mortality. He survived in power for nearly 50 years despite numerous attempts on his life and periodic rumours of his passing.

Castro stepped aside temporarily in 2006 due to an illness that he later said nearly killed him. In 2008 he left the presidency permanently. Younger brother Raul, who turned 81 earlier this year, took over.

The exact nature of Castro's illness was never revealed and the status of his health is kept secret, but media reports said it was complications from diverticulitis, an intestinal ailment common in older people.

Castro last appeared in photos and video in March, looking jovial but thin and pale as he and companion Dalia Soto del Valle greeted a visiting Pope Benedict XVI.

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Iran reeling as death toll from quakes surpasses 300

Disaster. Officials report more 3,000 injured in earthquakes that struck the country's border region two days ago

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims expired in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the

village of Bajeh Baj, 13 miles west of one of the epicenters, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried earth was left split wide open from the force of the shock, which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

Scores of aftershocks have coursed through the region since the 6.4 and 6.3 mag-



Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran. ALI HAMED HAGHDoust/THE ASSOCIATED PRESS

nitude quakes hit the area, home to some 300,000 people in a 6,000-square-kilometre borderland near Azerbaijan and Armenia.

The quakes hit the towns of Ahar, Haris and Varzaqan in East Azerbaijan province. At least 12 villages were totally

levelled, and 425 others sustained damage ranging from 50 to 80 per cent, state TV and news agencies reported.

Many roads and other infrastructure were heavily damaged. State TV showed relief workers distributing tents and helping survivors, mainly

in rural areas.

Iran is located on seismic fault lines and is prone to earthquakes. In 2003, some 26,000 people were killed by a 6.6 magnitude quake that flattened the historic southeastern city of Bam.

THE ASSOCIATED PRESS

International response

Foreign aid spurned

Iran's Red Crescent Society said the country does not need any foreign aid.

Spokesman Pouya Hajian told the ISNA news agency that the International federation of Red Cross and Red Crescent, UNICEF, Turkey, Taiwan, Singapore, Germany and many embassies in Tehran had offered help but that the Iranian Red Crescent is able to support the quake-stricken areas.

U.S. State Department spokeswoman Victoria Nuland said Monday that the U.S. has not had "any pickup" from Iran on Washington's offer of assistance.

"Nonetheless, our offer stands on the table," she told a news conference.

The ISNA report said that Iran has sent back a rescue team from Turkey that had arrived in the region without advance co-ordination.

THE ASSOCIATED PRESS

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A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment at the Berlin Wall Memorial on Monday. Germany is marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BREILOER/THE ASSOCIATED PRESS

Patient safety

Health Canada warns of hospital-bed entrapment

Health Canada is warning hospitals and other health-care facilities about the risk of entrapment of patients in hospital beds after three people died and several were injured. The health agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009, including three deaths.

THE CANADIAN PRESS

Guatemalan lawsuit

Research victims appeal decision

Guatemalans who were subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. The U.S. District judge ruled that federal law bars claims against the U.S. based on injuries suffered abroad. The victims filed an appeal Monday with the U.S. Court of Appeals.

THE ASSOCIATED PRESS

Mexico. Marines nab drug-cartel suspect linked to recent killings

Mexico's navy said Monday that the country's marines captured a drug cartel suspect carrying the ID cards of a newspaper employee who was killed in May along with three photographers.

Suspect Juan Carlos Hernandez Pulido is allegedly a local chief of informers for the Jalisco Nueva Generacion drug gang, the navy said. The navy said Hernandez Pulido was detained Friday in the Gulf Coast port city of Veracruz as he handed out packets of drugs to a group of men.

The navy said Hernandez Pulido was carrying the ID cards of Irasema Becerra, who had been an administrative worker at a local newspaper and was the girlfriend of one of the dead photographers. Five other journalists have been killed in Veracruz state so far this year.

At the time, the May killings had been thought to bear the hallmarks of the hyper-violent Zetas cartel; the victims were slain, dismembered and their bodies stuffed into black

Violence escalates

- Elsewhere in Veracruz, the state prosecutors' office said seven members of a family — three adults and four children — were found dead at their home, with their throats slit. The children were reportedly between 3 and 12 years old.

- And in the northern state of San Luis Potosi, police said the gunmen who killed the mayor-elect of the city of Matehuala on Sunday used assault rifles of the kind frequently wielded by drug gangs.

plastic bags dumped into a waste canal.

However, Hernandez Pulido is allegedly linked to a gang allied with the Sinaloa cartel, which is fighting the Zetas for control of Veracruz and other states. THE ASSOCIATED PRESS

Market Minute

**DOLLAR**
100.76¢
(-0.15¢)**TSX**
11,838.83 (-52.56)**OIL**
\$92.73 US (-14¢)**GOLD**
\$1,612.60 US (\$-10.20)**Natural gas:** \$2.73 (-4¢)
Dow Jones: 13,169.43 (-38.52)

Travel. Google gobbles up Frommer's guide books

Google is buying the Frommer's brand of travel guides.

Google Inc., which bought the Zagat restaurant-review service in September, plans to use Frommer's guides to hotels and destinations around the world to complement the Zagat listings.

Google is buying Frommer's from publisher John Wiley & Sons Inc. in a deal that includes Wiley's other travel-related businesses. Financial terms were not disclosed in Monday's announcement.

Wiley is trying to sell off a number of businesses that no longer fit with its long-term focus on professionals and education. In addition to travel, businesses up for sale include the company's culinary,

Past, present and ...

Frommer's got its start in 1957 with the publication of Arthur Frommer's Europe on \$5 a Day.

- Frommer's now publishes more than 300 guidebooks and runs the Frommers.com website.

general-interest, nautical, pets, crafts, Webster's New World and CliffsNotes businesses.

Wiley, which is based in Hoboken, N.J., says it plans to use the proceeds from the sales to support growth opportunities in its other businesses.

THE ASSOCIATED PRESS

Tourism slumped during Olympics: U.K. trade body



Workmen take down an Olympic flag near Buckingham Palace in London on Monday, following the closing ceremony of the 2012 Summer Games.

ALASTAIR GRANT/THE ASSOCIATED PRESS

Disappointing numbers. 88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKIn-

Tame tourists

"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."

Miles Quest, a spokesman for the British Hospitality Association

bound, a leading trade association representing British tour operators, shops and hotels. The survey said 88 per cent of British tourism-oriented businesses reported some losses during the Games compared to the same period last year.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKInbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer. The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues.

THE ASSOCIATED PRESS

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WHEN YOU BECOME YOUR PARTNER'S PARENT



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens,

but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it is easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book *How Can I Be Your Lover When I'm Too Busy Being Your Mother?* therapist Sara Dimerman and bestselling author J.M. Kearns tackle the issues that

arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

No matter who's at fault, spouses need to be equals.

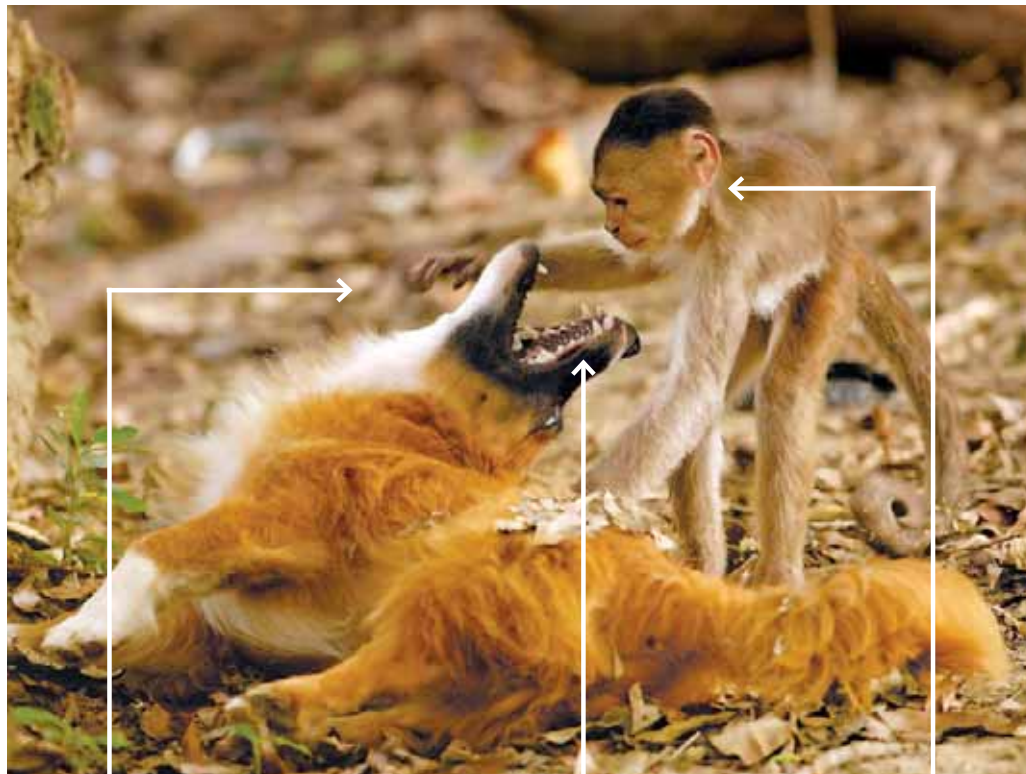
So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on
Twitter @MetroSheSays



DAN KITWOOD/GETTY IMAGES FILE

My, what sharp teeth you have



PETE OXFORD/MINDEN PICTURES/SOLENT

Wildlife greeting

Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

Photographer's view



"Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e., sharp teeth — signals mutual trust between the two creatures.

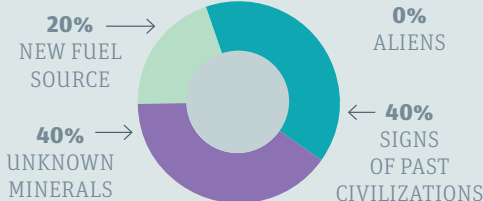
Oxford on encounter

- **Primate primp.** "The monkey appeared to be grooming the dog; both were comfortable with each other and seemed to enjoy the interaction."
- **Not wild at heart.** "People have difficulty believing that these are indeed free, roaming wild monkeys."
- **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."



Register at metropolitanpanel.ca
and take the quick poll

What are you most hoping the Curiosity rover finds on Mars?



Twitter

@Suttsy23

Can't wait to wear the maple leaf on Canadian soil! Halifax will be rocking tonight!

@emmilyloves1D

#Twitition Bring One Direction to Halifax, Nova Scotia, Canada: 2013 Tour!!

@strome18

Excited to play in front of the Canadian fans tonight in Halifax. @Monahan20 will be buzzin down the walls #CanadaRussiaChallenge

@riaisawake

I love Halifax weather. Today feels like 50% a nice day and 50% a warm bath. mmm nice

@Cadence_Mac

I can't help but feel a little concerned about the overall well being of this city #Halifax we're in need of some BIG changes here

@Ohveraah

Welcome home to our champ, #Custio!

DVD reviews



The Raid: Redemption

Director. Gareth Evans

Stars. Iko Uwais, Ananda George, Ray Sahetapy

Here's the action arithmetic of *The Raid: Redemption*: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The baddies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL

Jaws

Director. Steven Spielberg

Stars. Roy Scheider, Robert Shaw, Richard Dreyfuss

Steven Spielberg's rubber shark Bruce still has bite, 37 years after *Jaws* first made a summer swim terrifying. The opening scenes where the shark is prowling the waters off beach haven Amity Island give us the predator's lethal point of view, set to the ominous two-note "ba-dum, ba-dum" score by John Williams, now instantly familiar. You see the water moving, you see the terror on swimmer Chrissie's face, you hear the ominous tolling of a nearby bell buoy. You feel fear right through your bones. Digitally spruced up for Blu-Ray, part of Universal's 100th anniversary celebrations, *Jaws* returns with its teeth intact and newly buffed.

PETER HOWELL



The Odd Life of Timothy Green opens on Wednesday. HANDOUT

Great things sprout from mere dreams

Growing whimsy.

The *Odd Life of Timothy Green*'s director struggled to balance reality and fantasy in film

RICHARD CROUSE
scene@metronews.ca

The *Odd Life of Timothy Green* comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat up in bed and told my wife I wanted to make one of those movies like *A Field of Dreams* or *It's a Wonderful Life*. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who

bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't

really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world... if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between realism and fantasy, however, was harder than he imagined. A table read of his initial script

revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema. 'That's why we go to the movies.'"

Interview

Edgerton finds his soft side

Joel Edgerton talks about his latest film, *The Odd Life of Timothy Green*.

North American audiences are still getting familiar with you and this is a different kind of role for you.

How has it been presenting that?

It's almost easier, in a way. Playing a role like Jim is kind of almost closer to me than Warrior is. You either have the same experiences, family-wise, that your character does or you have to alter them in some way or invent them. And I related to a lot of this character. What I do find hard is this aspect of "cool." It's easier to kind

of lean on those things like violence and aggression as male emotions, but it's more interesting to look for the softer elements, you know?

NED EHRBAR, MWN



On the web



Changes set for NBC's *The Voice* this season, including new 'knockout' punch and 'steal'

2 SCENE



Vanessa Paradis ALL PHOTOS GETTY IMAGES

Too personal, too public: Paradis struggles with prying questions

While Vanessa Paradis is out promoting her new movie, Cornouaille, she can't seem to dodge questions about her recent split from longtime partner Johnny Depp. "I don't want to talk about him. Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle. "It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain." She does offer some insight,

Tough stuff

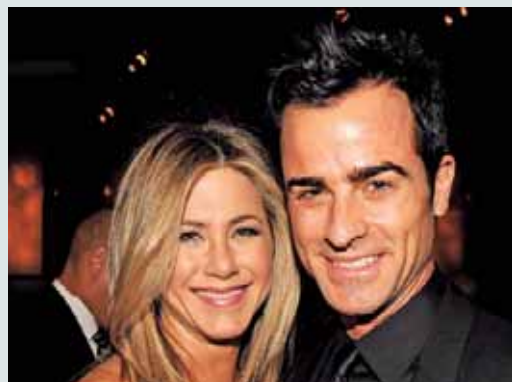
"You can imagine what it feels like to see people making a business out of your pain." Vanessa Paradis

though, into what makes relationships work — and not work: "I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



He put a ring on it: Aniston's on her way down the aisle

THE WORD
scene@metronews.ca

After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married, Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and

Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy Wanderlust. Though that film disappeared quickly from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple. This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement.

WITH FILES FROM
THE ASSOCIATED PRESS



Natalie Portman

Natalie introduces her baby to the beat

Newlyweds Natalie Portman and Benjamin Millepied are getting an early start on exposing their baby boy to culture, taking in a concert by the Los Angeles Philharmonic at the Hollywood Bowl recently, according to People magazine.

The Oscar-winning actress "looked pretty chilled out," a source says. "She was wearing jeans and a T-shirt, her hair was down. She looked more concerned about keeping (infant son Aleph) quiet and not disturbing anyone than anything else."

Twitter



@pattonoswalt

Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy



@EllenBarkin

There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere



@SethMacFarlane

In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.



@SirPatStew

My brain hurts.

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Best Health

Hop on the benefits of cycling



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of Best Health magazine, Matthew Kadey explores some major life benefits of cycling.

1. You'll be trim

Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the American Journal of Public Health, adults involved in active travel are less likely to be overweight.

2. It's cheap and eco-friendly

Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

3. You'll tame stress

A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work. Join a cycle club if you need the extra motivation to get your endorphins pumping.

For more news on how to stay properly hydrated and get the right nutrients to keep you going strong in the saddle, check out Best Health, on newsstands now.

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A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

Babies exposed to mold more susceptible to asthma

Factors. Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

Quote

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."

Prof. Tiina Reponen
University of Cincinnati

CELIA MILNE
life@metronews.ca

Keep your baby safe from mold.

Researchers in Cincinnati recently completed a study in which they looked for triggers of childhood asthma. They found that while air conditioning, dehumidifiers, carpeting, smoke and dogs did not increase asthma rates,

mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of

Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the Journal of Allergy and Clinical Immunology.

3 LIFE

On the Web



Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

Swimmers should beware of bacteria

Public pools. Take the proper precautions and keep things sanitized when looking to cool off with the kids for remainder of summer

While many Canadians have turned to public pools this summer to seek relief from sweltering temperatures, experts say steps can be taken to prevent pool-related maladies like athlete's foot and plantar warts, as well as gastrointestinal infections that spread

Hot tubs

Those who are using hot tubs should be aware too.

- **Signs.** Those using hot tubs should keep their eyes peeled for greasy-looking bubbles on top of the water, a sure sign of unsanitary conditions.

through exposure to bacteria.

Responsibility for disease prevention, they say, lies both with those who maintain pools as well as with swimmers themselves.

Shelley Beaudet, a senior environmental health officer with Vancouver Coastal Health, says two of the biggest pool-related ailments are infection by cryptosporidium and pseudomonas.

Cryptosporidium is spread when those with gastrointestinal problems like diarrhea use a pool. Pseudomonas, meanwhile, is a germ commonly found in water or soil, and can cause a rash for those who swim in infected water.

Both cryptosporidium and pseudomonas are resistant to chlorine.

THE CANADIAN PRESS



Public pools help with summer swelter, but infections could be lurking.

MICHELLE SIU/THE CANADIAN PRESS

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Upgrade your picnic with Black Olive Tahini Spread



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rosereisman.com

This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your supermarket.

It is great for dipping veggies and crackers during those lazy summer picnics.

Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley



This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.
2. Stir in the olives and gar-

nish with basil or parsley.
ROSE REISMAN'S FAMILY FAVORITES
 (WHITECAP BOOKS) BY ROSE
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Health Solutions

Best bets in booze



NUTRI-BITES
Theresa Albert, DHN, RNC
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay attention to getting all of the

nutrients and calories your body needs from food before adding the empty ones of booze. So how many empty calories in your best



bevvie? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

- 1 light beer (12 oz) = 110 calories or 24 minutes
- 1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes
- 1 glass of wine (5 oz) = 125 calories or 28 minutes
- 1 beer (12 oz) = 146 calories or 32 minutes
- 1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes
- 1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Cheese tortellini bulks up Caesar salad

My seven-year-old son made me an expert at Caesar salad. Trouble is, Caesar salad alone does not make a healthy diet, and certainly not a meal.

So I have experimented with how to bulk up this simple salad. Pan-crisped cheese tortellini were the perfect choice. Most people don't realize it, but fresh pasta (the variety sold in the refrigerator case) can be cooked without water. Just give a spritz of cooking spray to skillet, add the pasta and sauté until lightly browned.

Ingredients

- 10-oz package fresh cheese tortellini
- 2-oz tin oil-packed anchovy fillets, drained
- 3 cloves garlic
- 3 tbsp Dijon mustard
- 1/4 cup champagne vinegar
- 1 large egg
- 1 cup canola or olive oil
- Ground black pepper
- 1 oz Parmesan cheese, finely chopped
- 3 cups cooked and cooled chicken meat, torn into bite-size chunks
- 3 heads romaine lettuce, roughly chopped



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

If you have leftover cooked chicken, use that. I found that a 1 1/2-pound rotisserie chicken worked well.

1. Heat skillet over medium-high. Spritz with cooking spray, add tortellini. Sauté tortellini for 6 mins., or until lightly browned and slightly crisped. Transfer to a plate to cool.

2. In blender combine anchovies, garlic, mustard, vinegar and egg. Purée until smooth.

With blender on low speed, drizzle in the oil. Add the cheese and purée until smooth. Season with pepper; then set aside.

3. In bowl, toss chicken and romaine. Drizzle about half dressing over salad, then use hands to toss until coated. Add tortellini and drizzle additional dressing, tossing again. You may not need all of the dressing. **J.M. HIRSCH, AUTHOR OF HIGH FLAVOR, LOW LABOR: REINVENTING WEEK-NIGHT COOKING/ THE ASSOCIATED PRESS**

Advice

Pregnant smoker, so what do I do?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

Hello Charles, Recently, I was on the subway in Toronto and I observed a pregnant woman smoking. Yes, smoking. I wanted to pull that cigarette out of her hand, but also didn't want to create a scene. What should I have done?
Brian

Dear Brian,
Wow! What seems like such a simple and obvious answer sure leaves us with some difficult questions.

First, I think it's common knowledge that smoking while pregnant is both dangerous to the unborn baby's health as much as it is to the mother.

Back to how to deal with the situation? I would observe the mother; are you sure she is pregnant and not just overweight? If I felt it was safe to approach her and



she was in fact pregnant, I might just quietly go up to the smoking mother and say something like, "I'm very sorry to bother you, I see you are pregnant, Congratulations. If I may just say, are you aware of the dangers of smoking while being pregnant?"

And then, based on her answer, I would either continue the conversation or, if she clearly does not want to discuss it with you I would wish her all the best, and walk away. The one thing I know I would not do is create a scene, which never solves the problem.

Now that you have read my thoughts, I really want to hear back from you. I ask my fellow Canadians, what would you do and or say in this situation? I will publish some of the best answers and approaches in a future column.

Lets hope we never experience this.

There are real reasons why most couples are close in age

More in common.
Being of the same generation often means more shared experiences, goals and expectations



SARA DIMERMAN
life@metronews.ca

There's no exact science as to the number of years required between partners to ensure the success of a relationship. However, it appears that most prefer a two to five-year gap, with the man (in a heterosexual relationship) being older. If a woman dates a much younger man, she's often referred to as a cougar. Some might even say that her guy has a mommy complex.

So, why do the majority stay within the three-years-apart zone? Well, it stands to reason that if you're born only a few years apart, that you might have more in com-

mon. You'd both recognize the same pop icons, remember the theme songs to the same movies, be able to play "geography" if you both grew up in the same neighbourhood and hung out with the same people.

Being only a few years apart also means that if you plan on having children together, that you are more likely to share the same or similar level of energy. Let's face it, if your spouse is 12 years older than you, he may not be as playful or as energetic as you — and that applies to times when you're with the kids or frolicking without them.

And what about a shared lifestyle? If you marry a man 10 years your senior just because you want someone whose more grounded, established and financially successful, you may bore of his work hours when you're still wanting to travel the world barefoot and fancy-free. And what about building a life together? There's something to be said for growing together, setting mutual goals and



Age gaps in relationships can cause unforeseen problems. iStock

reaching for them as a couple. There is something to be said for standing at the start line together as opposed to joining him half way through to the finish line.

A girl of 17, for example, who decides to settle down with a 25-year-old man may not know it at the time, but by the time she's 25 and he's 33, she's likely matured, grown, even changed signifi-

cantly more than her mate — potentially creating a disconnection between them.

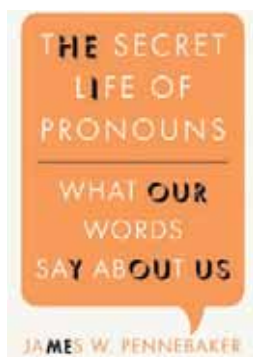
It's obvious that my experience as a couples' therapist hasn't led me to be convinced that a significant age gap between partners is a step in the right direction. This is not to say that it can't work, just that it may not be the best predictor of success or compatibility.

The pronoun gap is narrowing as 'she' gains on 'he'

Changing perspective.
Researchers find that the use of feminine words in literature has increased dramatically in recent decades

In the opening pages of *The Feminine Mystique*, Betty Friedan consciously captured the despair of so many housewives — and unknowingly anticipated a shift in language that would mirror the revolution to come in women's lives.

"As she made the beds, shopped for groceries, matched slipcover material, ate peanut butter sandwiches with her children, chauffeured Cub Scouts and Brownies, lay beside her husband at night," Friedan wrote in her 1963 book, "she was afraid to ask even of herself the silent question — 'Is this all?'"



The average reader might catch such *Mad Men* details as "matched slipcover material." But a linguist or psychologist will be keeping score: "She" and "her" each are used twice; "herself" once. Not a single "he," his" or "himself" appears.

The golden age of the male pronoun was ending.

According to a study released Thursday, the "he-she"

gap in books — one that has always favoured the masculine — has dramatically narrowed since the release of Friedan's feminist classic.

Drawing upon nearly 1.2 million texts in the Google Books archive, three university researchers tracked gender pronouns from 1900 to 2008. The ratio of male to female pronouns was roughly 3.5:1 until 1950, when the gap began to widen as more women stayed home after World War II, and peaked at around 4.5:1 in the mid-1960s. The ratio had shrunk to 3:1 by 1975, and less than 2:1 by 2005.

"These trends in language quantify one of the largest, and most rapid, cultural changes ever observed: The incredible increase in women's status since the late 1960s in the U.S.," Jean M. Twenge, a psychology professor at San Diego State University and author of *Generation Me*, said in a statement.

THE ASSOCIATED PRESS

Cameron Domestic Medium Hair



5-year old Cameron arrived at the shelter because someone simply left him at the front door and disappeared. Our staff and volunteers describe him as a super sweet guy with a kindly, gentle soul. He is friendly, outgoing and always on the lookout to make new friends. Animals, like Cameron, deserve to be treated with respect and kindness. After all, they are beings, not property. This boy deserves a loving, permanent forever home where he can enjoy a lifetime of love and human companionship. If you feel that you have what it takes to give a fellow like Cameron a second chance, please visit him at the shelter.

For more information on Cameron and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Car-sharing programs

Living carless and carefree



FUN AND FRUGAL

Leslie Scorgie
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagon with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when

the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver.

I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America. Car2Go's Smart Cars are parked throughout a city and can be rented for as little time as a few minutes, for approximately \$0.35 per minute or \$13 per hour, up to a few days, for approximately \$65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning,

24/7 customer support and roadside assistance.

In my case, paying \$0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically \$500 per person plus pay a usage rate.

With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

More Fun and Frugal

Follow Leslie
on Twitter
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Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

Four ways to head off higher grocery costs

Alison's Money Rule.
Fight food inflation with leftovers, planning, coupons and bulk buying



YOUR MONEY

Alison Griffiths
money@metronews.ca

Bad news! You're about to about to spend up to \$2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages \$800 monthly in basic grocery spending. The increase will add from \$704 to \$960 to the grocery budget over the next 16 months.

This amount doesn't in-

clude extras like condiments nor does it account for takeout or restaurant meals. Add those in and families will be paying at least \$125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

1 Utilize leftovers

Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste. Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.

2 Plan

Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

3 Clip

If you forget to clip or print coupons from the

web, check customer service in the store. Clipping or surfing for coupons is also a great way to involve young kids in shopping. Canadianfreestuff.com does a lot of the work for you with lists of printable and mailed coupons.

4 Buy in bulk

Expect savings of 15 to 30 per cent on bulk shopping for items like chicken, hamburger and cheese. Then bulk up your cooking by intentionally creating leftovers for dinner and brown bag lunches. However, carefully check your prices, 14 per cent of bulk purchases surveyed by the U.S. Department of Agriculture (USDA) actually cost more.

No room to store? Try splitting purchases with a friend.

Best of bulk

Meat, canned goods and store brands offer the best bulk savings (USDA).

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AHEAD OF THE CURVE



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USE LAST WEEKS OF SUMMER TO START PREPARING FOR THE UPCOMING SCHOOL YEAR

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

"The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety," she says.

She suggests logging into your student account to look at your upcoming timetable. It's usually released a month before

classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learning easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time.

If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job, touch base with your supervisor today to have the best chance at getting shifts that work around your classes.

"If the student has applied for finan-

cial assistance, ensure their application is complete and they're receiving the assistance for which they qualify, so there won't be any delay," Rowan-Legg adds. "It's a precautionary step."

Lorna Millard, an academic adviser at Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

"It's a big transition," she says. "The onus is on the student. The institution will provide all kinds of support, but we don't ram it down their throats."

She advises you to double-check that you are registered for all of your

courses, that there haven't been changes that create a conflict, that you meet the prerequisites, and that the school has your transcripts. Failing to do so could see you deregistered.

Millard notes many post-secondary institutions communicate via paper mail. If you have moved, let them know. If you use your parents' address, ensure your parents tell you about any letters. And read the whole thing, Millard says. Crucial information may be tucked away on page 2.

She says time spent preparing over the summer will be time saved in the fall.

— Jon Tattrie



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INNOVATIVE PROGRAM

HONOURS FOR ST. FX DIPLOMA

A values and theory based program of interest to adults who work or live with individuals who have intellectual disability, the diploma in intellectual disability studies is an innovative online program created in collaboration between experts in the field of intellectual disabilities and the continuing and distance education department of St. Francis Xavier University.

The diploma in intellectual disability studies received an award of excellence from the Canadian Association for University Continuing Education (CAUCE) at its annual conference in Saskatoon. The committee members judging the applications were "deeply impressed by how the program enriches the lives of those with intellectual disabilities, and the program's community partnership approach."

In accepting the award, Janice Landry, director of continuing and distance education, said "the program stresses a community model of care, and emphasis is on the



GOODSHOOT/THINKSTOCK

social and spiritual needs, as well as on the physical needs of the individual."

Consisting of four courses and a practicum, the program is of interest to group home leaders and workers, residential care facility co-ordinators, L'Arche assistants and directors, employment counsellors, residential counsellors, teaching assistants, CACL staff and parents. The focus is on caring about as well as caring for and encourages a reciprocal relationship between the caregiver and the person with an intellectual disability, recognizing that each has gifts to bring to the relationship.

Mary MacInnis, program co-ordinator, explains, "We feel it is important to pay attention to the contributions that people with developmental disabilities make towards building stronger communities. We believe they have an important role to play in recovering the meaning of community and in bringing about personal and social transformation."

EYE ON THE PRIZE

Juggling work, study and personal life can result in a lot of dropped balls, but experts say you can manage to keep all three in the air with a little preparation.

Julie McCarthy, professor of organizational behaviour at the University of Toronto, studies burnt-out students.

She says to avoid crashing, embrace imperfection.

"Often, the successful ones eventually realize there have to be concessions," she says. "It may not be possible to be the top student, top employee and a mother of two."

Good enough may have to do in at least one of the trio if you need to excel in another area. "We don't want them to reach the breaking point, but to achieve balance across the three roles," McCarthy says.

McCarthy's research has identified three common strategies for dealing with conflicting demands for time, attention and

energy. One is emotion-focused, where students reach out to family and friends for support during tough times at work and school. The second is problem-focused coping, where people deal with the task in front of them. The third is avoidance-focused. When the going gets tough, they get going to the movies.

People often think the problem-focused approach is superior, but McCarthy is a fan of avoidance. "You have to recover from daily stress," she explains. "One person may go to the gym, one may read a book, and another may go for a walk."

Balance the three as best you can, take good breaks and remember: This is only temporary.

Keep your eye on the prize of an enhanced career that will make life better for you and your family. And keep juggling. — Jon Tattrie



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STEP INTO LAW ENFORCEMENT CAREER

At an average salary of \$80,000 to \$90,000 before overtime and benefits, Canada's police forces are among the best paid in the world. If you are interested in a career in law enforcement, Ravensberg College is the first step.

Police, corrections, military police, border services, RCMP, sheriff, fisheries officer, these are some of the careers that you will be ready for in just 13 months. Ravensberg College offers an accelerated two-year diploma that prepares you for all levels of law enforcement by providing practical skills, classroom and on-the-job

training in a unique setting.

Located in downtown Halifax just off Brunswick Street, Ravensberg College starts the law enforcement foundations diploma every September and students graduate the following October.

"The goal of the college is to take our students and turn them into the best candidates in the room when they apply for a law enforcement position," says Jason Spillner, an instructor at the college.

An integral part of the 13-month program includes teaching students how to achieve high marks on application testing

and interviewing for positions. There is also 180 hours of on-the-job training.

Students benefit from the vast experience of the instructors; the lead instructor is a 25-year veteran of the RCMP.

A law enforcement foundations diploma from Ravensberg College fulfils the post-secondary education requirements for entrance to Border Services and Fisheries Canada, and is a prerequisite for application to the military police. Graduates are ideally positioned to succeed in a variety of law enforcement agencies.

For more, visit ravensbergcollege.ca.

THERE'S A LITTLE BIT OF EVERYTHING AT NSCAD

Whether one is an accomplished artist or an aspiring Picasso, NSCAD University's School of Extended Studies offers courses for people of all skill levels.

"The big thing is our classes are open to absolutely everybody, regardless of skill and age," says Sharon Blanchard, the director of the School of Extended Studies.

She says people sometimes have misperceptions about the school and the accessibility of the programming it offers, which is something that couldn't be further from the truth. NSCAD has been offering

non-credit studio courses to the general public for 125 years.

Registration for this year's fall programs opens today and people can register online or by telephone.

Just a few of this fall's many offerings are introductory drawing, introduction to digital photography, and introductory screenwriting, as well as a host of advanced courses.

NSCAD also offers customized training and courses to corporate clients so they can use art as a creative medium to solve

organizational issues that they face.

"That's a big area where we really want to grow," says Blanchard. "You're able to deal with a lot of concrete issues through an abstract, conceptual way."

Blanchard says concepts such as professional development and team strategizing can all be dealt with through art.

"We really believe our courses accentuate corporate thinking," she says.

Organizations interested in this type of programming can contact Blanchard through the School of Extended Studies.



NSCAD PHOTO

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STRUTTIN' THEIR STUFF

CAT FASHION GRADS READY FOR RUNWAY

Students from the fashion design and merchandising program at the Centre for Arts and Technology are ready for the runway as they prepare to showcase their final collections. This is the final project before graduation and these students will become the first alumni from the fashion design program at the Halifax campus.

"I couldn't be more proud of our fashion design and merchandising program," says Jamie Hartling, Halifax campus director.

"Both current and graduating students continue to exceed my expectations. Under Michelle Kulyk's direction, they continue to amaze me with their creativity and passion for their craft."

Through the two years in the fashion design and merchandising program, students have certainly made an impact in both the local and national fashion markets.

In February, fashion student Mitchell Gilroy was named top five and earned the "Technical Quality Award" at Canada's Breakthrough Designer competition

ON DISPLAY

The fashion design and merchandising students will reveal their final collections in their own fashion show called "Phase." The fashion show will take place Sept. 25 at the Art Gallery of Nova Scotia.

presented by T  lio at Montreal Fashion Week.

During Atlantic Fashion Week in June, Eman Mustafa really shined as she revealed eight pieces from her "Majestic Pleats" collection at the "New and Emerging Designers Showcase," making a lasting impression with many local designers and industry professionals.

"These students have worked very hard over the past two years and their technical skill and talent is shown every time we participate in a local or national fashion show," said Kulyk, department head for the fashion design and merchandising program. "It's important for me to have my students participate in as many events in Atlantic Canada and beyond, so they are fully prepared to enter any market when they graduate."



This skirt, designed by Centre for Arts and Technology fashion design and merchandising student Eman Mustafa, was showcased during Atlantic Fashion Week.

CENTRE FOR ARTS AND TECHNOLOGY PHOTO

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ACUPUNCTURE IS A HEALTHY CAREER CHOICE

Located on the Bedford Highway, the Canadian College of Acupuncture & Traditional Chinese Medicine (CCATCM) is the only registered acupuncture school in Atlantic Canada.

With small class sizes and instructors who have a terrific passion for the profession and teaching, CCATCM is an ideal education destination for people interested in becoming acupuncturists.

"We really emphasize hands-on practical training," says Rob Wetmore, the school's executive director.

CCATCM's acupuncture program is three years long and includes 2,200 hours of learning. Of those 2,200 hours, 30 per cent (660) are practical hours, spent in the student clinic practising with actual clients or doing clinical observation.

The college is also affiliated with the L-C & S-T Life-Care Acupuncture and Natural Medicine Clinics on the Bedford Highway and on Quinpool Road. These two clinics, staffed by 16 practitioners, have treated thousands of clients over the past 20 years.

Acupuncture and traditional Chinese medicine are fields that are growing in popularity.

"People are getting away from traditional western medicine and are looking for something different," says Wetmore.

CCATCM's program has a great schedule for its students as they take classes for four hours a day, five days a week. This means students can comfortably work part time and carry on with their personal and family responsibilities.

The main acupuncture program is a two-year program. The next course starts Sept. 17. For more information, call 832-6628.

PATH TO BUSINESS SUCCESS

PROGRAM AT SUCCESS COLLEGE BUILT ON CORE COMPONENTS

Success College's business marketing and administration program will have its next intake of students in September. The program features 12 months of continuous classroom learning, followed by a two-month job placement.

"The program is very practical," says instructor Dave Maguire, noting there is an emphasis on hands-on learning.

Built around the core components of business basics, marketing and entrepreneur-

ship, students get many opportunities to hone their skills in these areas.

"In our marketing research module, students learn the principles of marketing research and they actually implement two major research projects," says Maguire.

In one project, students go out and conduct a focus group, and later do a report evaluating the endeavour.

In another project, students conduct a

survey and are also responsible for designing the questionnaire and pretesting it, as well as doing a report about the experience.

In the final quarter of their studies, students run a 10-week fundraiser as part of the entrepreneurship portion of the program. Not only are they responsible for planning the fundraiser, they develop a schedule, implement the plan, work with external partners and suppliers, in addition to other responsibilities.

"They do some marketing for the event," notes Maguire. "They'll go work with radio stations ... and Breakfast Television. They certainly get to apply what they have learned."

For more information about the business marketing and administration program, see successcollege.ca.



NSCC OFFERS MANY OPTIONS

Whether one is looking to explore a new hobby or work on their professional development, the Nova Scotia Community College (NSCC) has a wide range of courses and workshops available for people to choose from.

"The NSCC offers many things for many learners," says Rachel Kuipers, the NSCC's manager of alternate delivery.

With 13 campuses across the province, the NSCC offers more than 100 certificate and diploma programs. It also has more than 200 courses available through part-time study and continuing education.

Kuipers says that one of the current popular offerings is courses related to decorating. This is not surprising given the proliferation of television shows focused on home decorating and do-it-



NSCC PHOTO

yourself home improvements.

Some of the courses offered by the NSCC include: Decorate like a pro; be your own decorator; and decorating basics.

Kuipers says that anything to do with food is always popular and notes the NSCC has courses on baking, bread making, and wine pairing.

"It's an avenue to bring your friends together," says Kuipers, noting that

groups of friends sometimes enrol in the course together as a social activity.

Moving into the future, Kuipers says more and more of the NSCC's programming options will be available online.

Registration for the NSCC's fall and winter lineup of programming is underway. For more, visit coned.nsc.ca. A print version of the calendar will be released Sept. 1.

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QMJHL

Mooseheads acquire Max Lindsay

The Halifax Mooseheads have picked up Ontario free agent Max Lindsay and are hoping he will step in immediately.

Lindsay, a six-foot-three, 190-pound winger who is turning 18, had 10 goals and 12 assists for 22 points along with 58 penalty minutes in 37 games last season with the junior B Stony Creek Warriors.

The Mooseheads have 11 forwards coming to camp with QMJHL experience and Lindsay is a frontrunner for one of the open spots.

"I would compare him to a (current Mooseheads forward) Ryan Falkenham type of player, a bigger version of Ryan," general manager Cam Russell said. "He's an intelligent player, he skates very well, he's got great size, good hockey sense and he can score a few goals here and there as well. I just really like what he offers to our hockey team right now."

The Mooseheads also announced Monday they are bringing back a form of intra-squad scrimmages for rookie camp this week at Cole Harbour Place.

The two-day camp runs Thursday and Friday and now features practices from 9:30 to 11:30 a.m. and from 3:30 to 4 p.m., followed by a 50-minute intra-squad scrimmage starting at 4 p.m. each day.

The games will be officiated and the 31-player roster will be divided in two.

"We'll play some four-on-four and maybe some five-on-five," said Russell. "We want to see these guys in every situation. With a (smaller) rookie camp it's tough to have full intra-squad games — we're just not going to have enough players to do what we're used to doing — but having 50-minute games will help us (evaluate) some of the guys."

Practices and games are open to the public.

MATTHEW WUEST/METRO



Ryan Falkenham METRO FILE



Russia's Nikolai Prokhorkin, left, and Anton Slepyshev react to a third-period goal in the Canada-Russia Challenge in Halifax on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Russia puts Canada against the ropes

Canada-Russia Challenge. Deciding game between Canada-Russia is Tuesday at 8 p.m. at Metro Centre



MATTHEW WUEST
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Canada gave the home fans goals galore and three spirited comebacks, but couldn't come away with a much-needed victory.

In a wide-open contest that provided plenty of entertainment for the crowd of 8,144 at the Metro Centre, Canada lost 6-5 to Russia on Monday to fall behind 2-1 in the Canada-Russia Chal-

lenge, a four-game under-20 exhibition hockey series that celebrates the 40th anniversary of the 1972 Summit Series.

Russia was out-shot 43-27 but found a way to score — even when Canada didn't leave much to work with — and got the game-winner from Andrei Sigarev with 6:23 to go.

The deciding game is back at the Metro Centre on Tuesday at 8 p.m.

"There were some good things and some bad things tonight," said Canadian defenceman Ryan Murphy, who had a goal and three assists and was the best player on the ice for his team. "They capitalized on their opportunities, and we just have to stay positive and keep going into tomorrow

Must-win situation

- Canada trails the four-game Canada-Russia Challenge 2-1 and requires a regulation victory on Tuesday to have a chance at winning the series.
- A Canadian regulation win would result in a series-deciding 20-minute overtime followed by a shootout, if necessary.
- Russia wins the series in all other scenarios.

night."

Russia led 3-1 in the first, 4-2 in the second and 5-4 in the third, but Canada — with goals from Murphy, Ryan Murray, Sean Monahan, Charles Hudon and Jonathan Huberdeau — rebounded from each deficit to tie it. Things were knotted 5-5 heading into the final 10 minutes of the third period.

That set the stage for Sigarev to pot his second

of the night. The 19-year-old forward was left alone in front and had more than enough time to put a rebound behind goaltender Laurent Brossoit.

"A good amount tighter," said Murphy, when asked how Canada needs to adjust defensively. "They're really good on the odd-man rushes, so we have to make sure we have a high forward at all times to come back and help out on D."

Although Canada buried a series-high five goals on Monday, players said they didn't convert on as many chances as they should have against Russian goaltender Andrei Makarov, who made 38 saves.

Head coach Steve Spott didn't name any names, but made it clear the squad's star forwards need to step up on Tuesday.

"We've got some guys who have put up some big numbers in the CHL who haven't been on the board offensively three games in," Spott said. "Those guys are going to have to find their offensive touch."

4 SPORTS

Mobile sports



The Baltimore Orioles have defied logic this season in a manner that transcends their unlikely stature as a playoff contender. Baltimore has been outscored by 49 runs, yet trail the AL East-leading New York Yankees by only 5 1/2 games and are in second place in the wild-card race. How have they done it? Scan the code for the story.

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"He was great. He dictated the play, he had great legs here tonight, he battled at both ends of the rink and provided the offence, was real solid. I was real happy with Murph tonight."

Canadian head coach Steve Spott on the play of defenceman Ryan Murphy

Hockey

ISS to hold
combine at Cole
Harbour Place

The International Scouting Service will be holding a combine for Nova Scotia's top 1997- and 1998-born hockey players at Cole Harbour Place on Tuesday.

On-ice sessions are open to the public beginning at 10 a.m. Roster sheets will be distributed.

Among the standouts participating are forwards Layton Parsons of Cole Harbour, Keith Getson of South Shore and Barrett Dacysyn of Halifax, defenceman Nick Welsh of Halifax, and goaltender Nick Dawe of Bedford. **METRO**

Flag football

Nova Scotia
heads to world
championship

Nova Scotia will represent Canada at the IFAF world flag football championships in Gothenburg, Sweden, starting Thursday.

Nova Scotia, which won its second straight national championship earlier this year, opens the four-day tournament against Switzerland.

Medal games for the sixth annual world championship will be played on Sunday. Canada won gold at the event in 2008.

METRO

NHL. Mooseheads alum Giguere inks deal with Colorado Avalanche

Former Halifax Mooseheads star Jean-Sebastien Giguere has signed a one-year contract extension to stay with the Colorado Avalanche through the 2013-14 season.

The 35-year-old, currently on a two-year contract worth \$2.5 million US, inked a one-year pact worth \$1.5 million on Monday that includes a no-movement clause.

Giguere, who won the Conn Smythe Trophy as play-off MVP with the Anaheim Ducks in 2003, started 32 games for the Avalanche last season, posting a 2.27 goals-against average and a .919 save percentage.

His No. 47 is one of three



J-S Giguere GETTY IMAGES

jerseys retired by the Mooseheads along with Alex Tanguay's No. 18 and Jody Shelley's No. 25. **METRO**

NHL. Flyers' depleted blue-line takes another hit as Lilja has surgery

Flyers defenceman Andreas Lilja had left hip surgery last month, and is expected back in late October or early November.

Lilja, 37, had six assists and was a plus-9 last season, his first in Philadelphia. He joins a list of problems on the blue-line for the Flyers, who lost out on signing defenceman Shea Weber when their contract offer for the all-star was matched by Nashville.

Philadelphia defenceman Andrej Meszaros is out with an Achilles problem, and captain Chris Pronger's future is uncertain after playing just 13 games last season. What's more, defenceman Matt Carle left the Flyers to sign with Tampa Bay in free agency.

Meszaros was injured during summer training in

Goals allowed

The Flyers allowed 232 goals last season, and have been eliminated in the second round the past two seasons.

Slovakia, and had surgery in Philadelphia last Tuesday.

An attempt to snare restricted free agent Shea Weber from Nashville was stopped, too, when the Predators decided to match the \$110-million US deal last month.

The Flyers did re-sign defenceman Marc-Andre Bourdon to a multi-year contract extension last week, and agreed with centre Scott Laughton on an entry-level contract. **THE ASSOCIATED PRESS**



Cole Harbour's Nathan MacKinnon of Canada fends off a Swiss defender at the Ivan Hlinka memorial under-18 hockey tournament on Monday.

WERNER KRAINBUCHER (PUCKFANS.AT)/HOCKEY CANADA IMAGES

MacKinnon lights it up in his Team Canada debut

Ivan Hlinka tournament. Three Mooseheads stars play pivotal role in 4-1 win over Switzerland



MATTHEW WUEST
matthew.wuest@metronews.ca

Cole Harbour's Nathan MacKinnon was an instant hit on the international stage.

Making his career debut for Team Canada, the soon-to-be 17-year-old MacKinnon scored a goal and added two assists in Canada's 4-1 win over Switzerland on Monday to open the annual Ivan Hlinka memorial under-18 tournament in Piestany,

Quoted

"It felt great to put on that jersey and representing my country is something special."

Cole Harbour's Nathan MacKinnon

Slovakia.

"It felt great to put on that jersey and representing my country is something special. I can't really describe it," said MacKinnon, who is ranked No. 1 overall for the 2013 NHL draft by Red Line Report. "Everybody played their part and did a great job."

After Switzerland opened the scoring just 8:05 into the first period on the power play, MacKinnon, one of three Halifax Mooseheads on the team, assisted on Curtis Lazar's game-tying

goal at 15:45 of the same period and then scored the eventual game-winner with 11 seconds left in the frame.

He also assisted on Nicholas Ritchie's power-play goal at 8:55 of the second period to help put Canada up 3-1. Yan-Pavel Laplante scored an empty-netter with 14 seconds left.

"Getting that first goal was really exciting," MacKinnon said of his first-period tally. "I was thinking after the game, I hadn't scored a goal since Game 2 against Rimouski (in the

QMJHL semifinals) so it definitely felt nice ... and the team really meshed well together and the lines were doing their part and getting the job done."

MacKinnon played on a line with Mooseheads teammate Jonathan Drouin and the Edmonton Oil Kings' Lazar, another highly touted prospect for the 2013 NHL draft.

Drouin picked up two assists and Mooseheads goaltender Zach Fucale made 30 saves for the victory.

Canada faces Sweden on Tuesday as preliminary-round action continues.

"We know Sweden won world juniors so we know they have good hockey players," MacKinnon said. "We're going to bring our A game and hopefully come out with the win."

Union to present league with alternative: Fehr

NHL. Negotiations about to pick up pace a month after NHLPA received initial offer

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened.

Rather than quibbling over the fine points of the NHL's offer, the union has chosen to re-imagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lock-out. The initial offer from the NHL called for a lowering of

the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Despite that, the union thoroughly examined it over the last month before deciding there was no true counter-proposal to be made. Fehr will instead offer up a "different kind

of an approach" — one that no doubt includes expanded revenue sharing and more flexibility than is currently allowed under the league's rigid salary cap system.

Negotiations are about to pick up pace. Despite the fact the sides have been talking throughout the summer, they finally seem ready to get down to work.

"All things in this world at this stage of this negotiation are possible," said Fehr.

THE ASSOCIATED PRESS



Donald Fehr

CHRIS YOUNG/THE CANADIAN PRESS



Kvitova rallies for Rogers Cup title

Petra Kvitová reacts following a point during the final of the Rogers Cup against Li Na on Monday in Montreal. Kvitová held on for the victory, 7-5, 2-6, 6-3. PAUL CHASSON/THE CANADIAN PRESS

MLB. Cooper comes through in extra innings

David Cooper drove in the winning run in the 11th inning as the Toronto Blue Jays beat the Chicago White Sox 3-2 on Monday night.

Moises Sierra homered and Edwin Encarnación also singled in a run as the Blue Jays (55-60) opened a four-game series with their second straight win.

Carlos Villanueva tied a season-high with eight strikeouts and was effective through seven innings of work by allowing just five hits and one walk.

THE CANADIAN PRESS



David Cooper bats in Toronto on Monday. GETTY IMAGES FILE

MLB

Bronx Bombers add veteran Lowe to bullpen

The Yankees signed Derek Lowe to a major-league contract on Monday and said they planned to use the right-hander in the bullpen.

Lowe, 39, has spent time as a reliever, but mostly has pitched in the rotation for various teams, most recently the Indians. Cleveland designated him for assignment on Aug. 2 and released him on Friday.

THE ASSOCIATED PRESS

PGA. Westwood cuts ties with coach and caddie

Lee Westwood's manager says the English golfer has split from coach Pete Cowen and temporary caddie Mike Waite after his disappointing performance at the PGA Championship.

Cowen works with several top golfers, including Darren Clarke, Graeme McDowell and Louis Oosthuizen, but the 39-year-old Westwood believes a fresh approach could improve his chances of finally winning a major.

His regular caddie, Billy Foster, injured his knee in May and won't return until

Quoted

"Lee admits he needed to shake things up."

Andrew Chandler, Lee Westwood's manager, on the golfer's split from his coach and temporary caddie

next year. Mike Kerr, who is normally on the bag for Álvaro Quiros, will take over for two months.

Westwood missed the cut at the PGA Championship, where Rory McIlroy won by eight shots. THE ASSOCIATED PRESS

PGA

McIlroy following in Tiger's wake

The comparisons are inevitable. The incredible skill, the youth, even the red shirt on Sunday.

Rory McIlroy's dominant performance in winning the PGA Championship this weekend looked a lot like the early days of Tiger Woods.

Woods saw it coming more than three years ago. McIlroy made his professional debut in the U.S. at age 19 and reached the quarter-finals of the Match Play Championship. Woods saw how he drove the ball, the putts he made, the efficient short game and the composure.

"He has all of the components to be the best player in the world, there's no doubt," Woods said back in March 2009. "It's just a matter of time and experience, and then basically gaining that experience in big events. Just give him some time, and I'm sure he'll be there."

McIlroy didn't need much time at all.

The 23-year-old golfer from Northern Ireland has now won both his majors, the U.S. Open last year and this weekend's PGA Championship, by eight shots. There have been only five majors won by eight shots or more since 1976 — three by Woods and two by McIlroy.

McIlroy also won his two majors at a slightly younger age than Woods, though that is a little misleading because he turned pro earlier. The PGA Championship was McIlroy's 16th major as a pro. Woods won his second major in his 12th try.

"He seems to have that ability that when it's a big tournament, he's right there just waiting to break loose," Davis Love III said of McIlroy Monday. "A lot like Tiger. The bigger the stage, the better he plays."

THE ASSOCIATED PRESS



Rory McIlroy holds up the PGA Championship on Sunday.

THE ASSOCIATED PRESS

Heroes return to home soil



Women's soccer captain Christine Sinclair signs autographs at Vancouver International Airport on Monday. DARRYL DYCK/THE CANADIAN PRESS

Warm welcome. Sinclair and her fellow Olympians return to Canada



PHYLICIA TORREVILLAS
Metro in Vancouver

It was a rock-star welcome for Burnaby, B.C., soccer star Christine Sinclair and her fellow Olympians Monday as they returned home after 16 days of highs and lows at the London Games.

More than 100 fans erupted in cheers as the 29-year-old flagbearer appeared, along with three of her teammates, Karina Le-

Blanc, Sophie Schmidt and Emily Zurrer, at Vancouver International Airport.

Sinclair told reporters it was great to be back home and share the bronze medal with fans and her family.

"To walk out in front of 80,000 screaming fans and carrying your country's colours, it's a moment I'll never forget," she said of the closing ceremony.

"I think I need to watch it on TV because I don't even remember what happened."

She's hopeful that their accomplishments at the Games will increase awareness and support for women's soccer.

It was also an emotional reunion for Sinclair and her mom, Sandra, who gave

each other a big hug.

"I'm over the moon," her mom said. "I'm just glad to have her back."

Weightlifter Christine Girard, open-water swimmer Richard Weinberger and team-pursuit cyclist Jasmin Glaesser proudly showed off their bronze medals to the fans cheering them on.

Krista Guloien, a women's eight rowing silver medalist, said seeing Team Canada's supporters welcome them was even better than watching the Spice Girls perform Sunday.

Andrew Munro, who helped Sinclair's mom in coaching a young Christine and a South Burnaby team, said he knew she was bound

for greatness during the first practice and game.

"She was quite shy, but a great teammate," said Munro, who coached and refereed Sinclair for five years. "She preferred other people scoring than herself. She could score probably 20 goals a game if she wanted to, but she tried to set up as many of the girls on her team as she could."

"I had tears in my eyes when I saw her carry the flag. It was like being a parent."



Visit metronews.ca/olympics to view a slideshow of Canada's returning athletes and more post-Olympic coverage.

Soccer heroes return

Sinclair's teammate Sophie Schmidt said the adulation received by Canada's captain is well deserved.

- "She's meant so much to this team, and been the heart and soul of the team for so long," said Schmidt. "Now, finally, she has that medal."
- In Toronto, Diana Matheson, who scored the winner in Canada's bronze-medal win over France, received a hero's welcome. I think right now we're going home to sleep for a week," she said.

THE CANADIAN PRESS



Women's soccer hero Diana Matheson, from Mississauga, Ont., shows off her bronze medal upon her arrival in Toronto on Monday. T.P. MOCZULSKI/THE CANADIAN PRESS

Medal wins don't always mean athletes strike it rich back home

Many of Canada's Olympic medalists are already returning home to a hero's welcome across the nation.

But once the dust settles, it's unlikely they'll be cashing in on their Summer Games successes.

"Canadians really love the Olympics more than they realize," said Cary Kaplan, president of Cosmos Sports, a sports marketing company in Mississauga, Ont.

"It's bonding. It's huge. But when it's over, (the excitement) doesn't carry over. It tends to drop off a cliff."

A lack of public interest in amateur sports that are so

revered during the Olympics — like diving, kayaking and gymnastics — has historically resulted in corporate Canada passing over Olympians, even ones with gold medals hanging from their necks.

"The problem is sponsors don't sponsor athletes out of the goodness of their hearts, although it would be nice if that was the case," said Kaplan, whose past clients include Golf Canada and a handful of National Hockey League teams.

"The vast majority do it for specific return on investment and economic benefit. Unless an athlete or sport transcends or goes well beyond the Olym-

pics, it's difficult."

Canadian soccer star Christine Sinclair said although she's been lucky so far at winning corporate sponsorships, many of her peers have not experienced the same success.

"For me personally, these Olympics, I feel like I've been a fortunate one in terms of sponsorships and things like that,"

she said Sunday after being named Canada's flag-bearer for the closing ceremony in London. "But it needs to happen for more, like my teammates. Obviously I know the soccer side of things. I think they deserve more. They're some of the best players in the world and aren't seen as such."

THE CANADIAN PRESS



Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport. The silver-medal-winning kayaker said he is still pondering his Olympic future. "I'm looking forward," said the Burlington, Ont., native. "I don't know that I'm done."

DARRYL DYCK/THE CANADIAN PRESS

Quoted

"You hear all the time, even during these Games, that talent and perseverance is an important part of the equation, but so are resources."

Brock University sports-management Prof. Cheri Bradish



For Canadian athletes, the reality is that there just aren't many multimillion-dollar endorsement deals to be had at home. DAN KITWOOD/GETTY IMAGES

Ottawa. 'Inspiring' Olympians get a warm welcome from fans

If the Ottawa police pipe-and-drum band wasn't welcoming enough for local Olympians at the Ottawa International Airport Monday, the onslaught of greetings from dozens of friends, family and fans certainly was.

The sound from the pipes echoed through the hall as the athletes emerged from the customs gate one by one. Within seconds the fans drowned out the sound with loud cheers and applause.

Men's 4x100 relay teammates Oluwasegun (Segun) Makinde and Gavin Smellie were the first to come out.

The pair were all smiles, despite a disappointing performance just two days ago in London, when Canada was disqualified after fellow runner Jared Connaughton stepped over the inside lane. "I was very disappointed," said Smellie at the airport Monday. "We managed to pull ourselves together and keep our heads up and hope the best for the future."

To see the number of people who showed up to welcome him home was a big surprise for the 26-year-old.

With the silver medal from men's eight rowing dangling from his neck, Canadian Conlin McCabe said it felt "awesome" to see many excited fans and media put a spotlight on his team.

"Coming from Brockville,



Rower Conlin McCabe waves to fans at the Ottawa airport Monday with his silver medal dangling from his neck. JOE LOFARO/METRO IN OTTAWA

(Ont.), this never happens in our sport," said McCabe, before signing an autograph on a young boy's T-shirt.

Emma Lis, an Ottawa South United Soccer Club player, didn't know any of the athletes personally, yet she rushed to the airport just to see them arrive home.

"The saying for the Olympics this year was 'inspire a generation,' and I really feel that these athletes have done that," said Lis, 19.

"I definitely want to make it to the Olympics one day, and the women's soccer team especially proved that they were able to compete at such a high level. So it just opens the door for a lot of young athletes."

JOE LOFARO/METRO IN OTTAWA



Bringing home gold

Olympic gold-medallist Rosie MacLennan, from King City, Ont., signs autographs upon arriving at Toronto Pearson International Airport on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

'No regrets at all,' says Hanson

London, Ont., Olympians. Rowers Janine Hanson and Lesley Thompson-Willie and decathlete Damian Warner return home

JOHN MATISZ
Metro in London

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London, Ont., on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a 4:11 p.m. connection flight from Toronto's Pearson airport.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family. "She's a part of our family," Carla Dew said, proffering a gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism London, and Hanson remains a strong influence on Mitchel.

Damian Warner

- Decathlete Damian Warner arrived in London, Ont., at 8:24 p.m. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."



Janine Hanson, 29, a member of the Canadian women's eight rowing team, shows off her silver medal to Mitchel Dew, a family friend, moments after arriving home in London, Ont., on Monday afternoon. JOHN MATISZ/METRO

She has taught him how to swim and taken him on day trips, such as a tour of the Doug Wells Rowing Centre in London where the team trains.

But Hanson's homecoming was bittersweet because she knows the current women's eight roster won't be intact for much longer. Five of its nine

members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a tremendous victory for the aging squad. And, with

her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance overseas: "No regrets at all."

For video of Damian Warner's arrival in London, go to metronews.ca



7.5 M watch closing ceremony

The closing ceremony was Canada's most-watched event of the London Olympics.

An average of 7.5 million people tuned in to Sunday's broadcast of the Summer Games finale.

That was more than the 6.4 million Canadians who watched the opening ceremony.

Usain Bolt's run to gold in the 100 metres was Canada's most-watched sports event with an average of 6.2 million tuning in to both the English and French broadcasts of the

Tough to compare

While the Canadian ratings for London outpaced the Beijing Games four years ago, it's difficult to compare the two because a new ratings-measurement system was introduced in 2009 that has seen sports TV ratings skyrocket.

Aug. 5 race.

The controversial women's soccer semifinal between Can-

ada and the U.S. was second with an average of 3.1 million tuning in.

Canada's Olympic broadcast consortium said 31.9 million viewers tuned in to TV coverage between July 27 and Aug. 12. That's up from the 24 million who watched the 2008 Beijing Olympics on CBC.

The broadcast consortium said 3.4 million hours of content was viewed at CTV Olympics.ca and RDSolympiques.ca, while more than 1.1 million mobile apps were downloaded.

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A performer during the closing ceremony of the London Olympics on Sunday. GETTY IMAGES FILE

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If interested, ph. 877-8727 \$60

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300 patio bricks @ .75 cents a piece.
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If interested, phone 877-8727 \$100

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Horoscopes

Aries

March 21 - April 20

Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

Taurus

April 21 - May 21

No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

Gemini

May 22 - June 21

For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

Cancer

June 22 - July 23

Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

Leo

July 24 - Aug. 23

The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

Virgo

Aug. 24 - Sept. 23

A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

Libra

Sept. 24 - Oct. 23

Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

Scorpio

Oct. 24 - Nov. 22

You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

Sagittarius

Nov. 23 - Dec. 21

It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

Capricorn

Dec. 22 - Jan. 20

You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

Aquarius

Jan. 21 - Feb. 19

No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

Pisces

Feb. 20 - March 20

It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.
SALLY BROMPTON

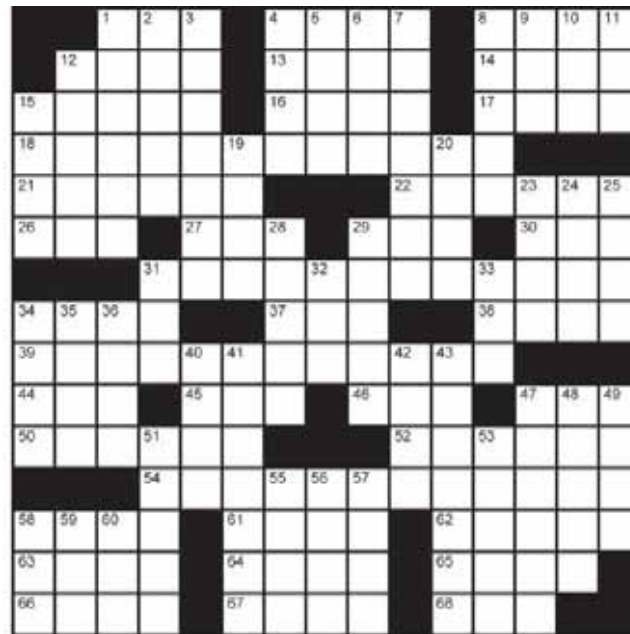
Crossword: Miscellany

Across

- Replacement
- Real estate rentals: abbr.
- Observes
- Altar end of church
- Bend in a sink's pipe
- Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
- Weeps
- Short note
- Encounter
- Canada's official weights and measures reckoning (2 wds.)
- Big rig fuel
- Clandestine meetings
- Hosp. workers
- Prefix for logical or physical meaning "earth"
- Maritime Prov.
- "___ Baby Baby": 1965 Miracles hit
- Montréal singer-poet most known for "Suzanne" (2 wds.)
- Rim
37. *Nightmare on ___ Street*
- Assents noiselessly
- Canadian and American honeymooners' destination (2 wds.)
- Bear's hibernation spot
- Chewing ___
- "___ thousand times ...": "I'll never agree" (2 wds.)
- Lamb's bleat
- Dextrose and fructose
- What Scarborough or North York is to Toronto
- These mountains extend from southern BC through Washington and Oregon to Northern California (2 wds.)
- A step away
- America's top corn-growing state
- Gold bar
- Lake bounded on the north by Ontario
- Affirm solemnly
- Home to Adam and Eve
- Makes a mistake
- Bird home
- Canadian redeye

Down

- Is venomous to
- People with computers
- Overwhelm, as with requests
- Cash dispensers
- Carnivore's quarry
- Scottish caps
- Like a leopard
- ___ Davis Jr.
- Montréal-to-Québec dir.
- Barely manage (with "out")
- Posed
- "Congratulations ___ order" (2 wds.)
- Admiral's underling: abbr.
- Disney goldfish
- Guitarist Clapton
- Area in London or NYC
- ___ the line: conformed
- Male offspring
- 60 minutes past mid-
- night (2 wds.)
- Spin doctor, for short (2 wds.)
- Part of a race
- Fuzzy alien of '80s TV
- Light switch positions
- Finishes
- "Mon ___!"
- Band of outlaws
- India city that's home to the Taj Mahal
- ___ roulette
- Be an unsuccessful gambler
- PM Wilfrid
- ___ cord: what thrill-seeking bridge jumper uses
- Inert gas in vacuum tubes
- Aid
- 640 make a square
- mile
53. "Don't ___ words with me"
55. Small inlet
56. Bedazzles
57. Barroom projectile
58. Society page adjective that means "born" in French
59. Flub
60. Atmosphere



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Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	3	6	8	5	1	4	9	7
1	5	7	3	4	9	2	6	8
4	9	8	6	7	2	5	1	3
7	1	9	2	8	5	3	4	6
3	6	2	7	9	4	8	5	1
5	8	4	1	3	6	9	7	2
9	7	1	4	2	3	6	8	5
6	4	3	5	1	8	7	2	9
8	2	5	9	6	7	1	3	4

			2					
2					1	7		3
	5	7			6		2	8
	9						1	4
			1			2		
	2	3						5
5	1	9		7			4	2
	3			6	5			9
						4		

Today
27°/17°
Partly cloudy

Wednesday
26°/17°
Partly cloudy

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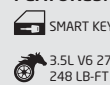
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Rio4 SX shown[△]


 HWY (M/T): 4.9L/100KM
CITY (M/T): 6.6L/100KM

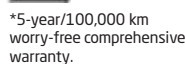
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Optima SX Turbo shown^Δ

 HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM



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